

24 HOURS by Spencer Dodington

# 24 hours in shanghai

for the best advice on what Shanghai has to offer ask the concierge



**G**ranted, Shanghai has become one of the hottest spots on the planet, with all manner of attractions on offer. Indeed, the depth and breadth of said attractions present an embarrassment of wealth. As such, a guide is required, or better still a concierge, one whose knowledge is tailored to those whose standards are of the highest order, those accustomed to nothing but the best. In short, the following itinerary is designed with you in mind.

**6am:** One of the most beautiful sights in the city is watching the sun rise over Pudong's skyline. Alight from the taxi at the corner of Henan Lu and Suzhou Creek, walk toward the Bund soaking up the creek view flanked by greenery and Concession-era buildings, and note the architectural details on either side of the waterway. If you reach the Bund promenade before 8am, you will be further inspired by the graceful movements of Shanghai's famous *taiqi* practitioners.

**9am:** Head to Fangbang Lu, south of Yu Gardens. Inside the first hall of Chenghuang Miao you'll find one of Shanghai's traditional Taoist fortune tellers, dressed in a jade-adorned skull cap and black robes and sporting a moustache. For a small fee – often appraised on your looks – one of these gents will provide a fascinating version of your fortune, for good or evil.

**10:30am:** Make tracks to Lupu Bridge (no, not to jump – your fortune surely wasn't that bad). Rather, climb to the top of the arch, which affords stunning views of the Huangpu river traffic and the shipyards along the 2010 World Expo site.

**12:30pm:** Enjoy a divine and very civilised lunch at Whampoa Club, a restaurant with a design palate dedicated to the soulful Shanghai of the 1930s.

**2:30pm:** Time for a bit of mental stimulation in the form of traditional Chinese art. The Arts and Crafts Research Institute is home to a very interesting group of Chinese artisans. Housed in a large villa once home to both the manager of the former French Concession bus line as well as the first Communist



Glamour Bar

Mayor of Shanghai, visitors can watch these artists practice their craft – calligraphy, paper kite construction, carving, and much more. Later, stop for refreshment around the corner at the Guyuan Teahouse, where in an intimate setting, you can enjoy a choice of traditional teas and a plate of pumpkin seeds.

**4:30pm:** The antidote to a hard day of urban exploration is a foot rub at Lulu Massage. Plunge your toes into a

bath of scalding water and Chinese medicinal herbs and let the blind man or woman – by far the best-qualified folks to be giving massage – work their magic.

**5:30pm:** The perfect atmosphere for the first drink of the day is provided by Yongfoo Elite. Here, decadence is the main theme, from the stained-glass pocket doors upstairs to the 1950s green Gucci sofas in the lounge. It's hard to believe that the villa functioned as a properly decked-out British Consulate in the 1980s and '90s. Drinks are superbly-crafted and well presented, with a Cosmopolitan being the most apt choice.

**7:30pm:** For traditional Japanese food served in a comfortable setting, try Meshi in a renovated Taikang Lu lane house. You can choose to dine on any of three levels overlooking the adjacent courtyards. The pace is slow and the sake is warm.

**9:30pm:** What do we like about Glamour Bar? Well, just about everything. Wind up your itinerary at this sophisticated watering hole famed for its perfect cocktails, professional staff, uplifting music and stunning views, both interior and exterior. Waiter, another Champagne cocktail, please ...

**2am:** If you're feeling peckish, end your night with a quick trip to the ever-bright Charmant for some Taiwanese fare. Any of the sweet and spicy delights will do, but nothing beats a plate of *sanbeiji* and lots of hot tea. ■

*Luxury Concierge China offers high flyers custom-designed itineraries in the Shanghai area and Hong Kong, ranging from simple hotel and restaurant recommendations, to specialised city tours, as well as access to member's-only clubs or events. [www.luxuryconciergechina.com](http://www.luxuryconciergechina.com)*

## Arts and Crafts Research Institute

79 Fenyang Lu  
(6437 3454)

## Lulu Massage

597 Fuxing Lu  
(6473 2634)

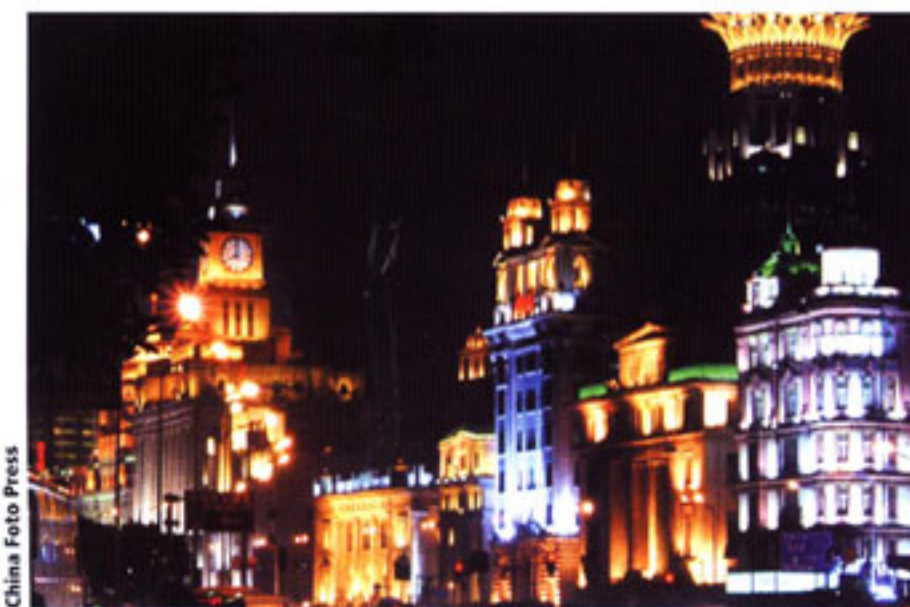
## Meshi

Lane 37, 248 Taikang Lu  
(5465 2450)

## Glamour Bar

6/F 5 Guangdong Lu,  
by Zhongshan Dong Yi Lu  
(6329 3753)

TRAVEL PACK



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